



Martin J. Chávez, Mayor

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You're invited to join the

10,000 Steps Program!!

10,000 Steps is a 12 week walking program designed to help employees increase physical activity and improve awareness about the benefits of walking.

Program participants will receive:

- A pedometer to track their steps each day.
- A log book to keep track of their steps each week.
- Weekly Emails filled with education and inspiration!
- Successful participants will be eligible for prize drawings!

How far is 10,000 steps anyway?

The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. A reasonable goal for

most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Example: If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 12 weeks.

Some of the benefits of walking include:

- Reduced blood cholesterol
- Lower blood pressure
- Increased cardiovascular endurance
- Stronger bones
- Burning calories and keeping weight down
- Lower levels of stress
- Increased well-being, self-image and self-esteem

The 10,000 Steps program will run from July 1, 2008 through September 23, 2008. Please contact JD Maes in the Insurance & Benefits Office for more information or to sign up.

768-2921 or jmaes@cabq.gov

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Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bed time. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day!



Your Diet and Your Oral Health

Parents throughout the ages have said to their children: "You'd better eat that, it's good for you!" Or "don't eat that, it will rot your teeth!" Today, Americans face a bewildering array of food choices that range from fresh produce to sugar-laden, processed, convenience meals and snack foods. What we eat and when we eat it may affect not only our general health, but also our oral health.

Make Healthy Choices

The more often you eat the longer foods stay in your mouth, the more damage occurs. Here are some tips to maintain your smile:

- **Snack wisely:** Focus on eating healthy, nutritious and satisfying meals; but if you must snack, choose fresh fruits, vegetables and whole-grains. Avoid hard candy, mints and sticky sweets that stay in your mouth for a long time. And after treats, drink plenty of water to dilute the acid that attacks your teeth.
- **Limit Sugar and starch:** Sugary and starchy foods cause the bacteria in plaque to produce acids that break down tooth enamel, which may eventually cause decay. Eating a bit of Cheddar, Monterey Jack or Swiss cheese stimulates saliva production, which helps neutralize these acids.
- **Protect your teeth:** Don't chew ice or popcorn kernels. Don't use your teeth as tools. And avoid tobacco, studies suggest it may cause gum disease.

Brush, floss and see your dentist

- **Use fluoride toothpaste:** Brush at least twice a day, and always at bedtime; replace your soft-bristled brush every 3-4 months (earlier if it is frayed).
- **Floss Daily:** A toothbrush cannot clean between teeth.
- **Visit your dentist regularly:** Have periodic cleanings to reduce damaging tartar buildup and ask your dentist if you are brushing and flossing properly.

Source: CIGNA HealthCare Well-Being



June Wellness Tips

Nutrition Tip

Fatten up your greens, the healthy way.

Toss avocado, olives or sunflower seeds into your salad for a healthy dose of mono- and polyunsaturated fats. These fats are known to lower levels of LDL ("bad") cholesterol, plus they digest more slowly, prolonging satisfaction.

Fitness Tip

Stretch out you're A.M. routine.

To stimulate blood flow again when you wake up, stretch your spine before you get out of bed. Carefully roll onto your hands and knees (wrists directly under shoulders and knees in a 90-degree angle) and alternately arch and round your back. On the arch, push your sit bones away from your back and extend your head straight out in front as if you are trying to touch your headboard with the top of your head. On the round, round your back up while bringing your chin to your chest.

Health Tip

Identify your top health saboteur. Vow to conquer your worst health habit. If you aren't sure, ask your significant other, a family member or a friend. Once you have pinpointed your biggest challenge, research ways to kick the habit.

Monthly Green Tip

It can be tempting to water plants at the times they seem to need it most, when the sun is directly overhead in mid-morning or early afternoon. But because water evaporates during the day before it has been fully absorbed by plant roots, it's better to water in the evening just as the day cools down for the night. Long stretches of cooler temperatures give the water a chance to permeate the soil and make its way to the roots. Consequently, less water is wasted in evaporation. On the other hand, in very cool climates plants can develop fungal growth if they're damp overnight. Under these conditions, water early in the morning. The more water makes it to plant roots, the less you need to give them.

Source: <http://www.thegreenguide.com/blog/tow>

Vegetable of the Month: Okra



Okra is an elongated, lantern-shaped vegetable. It is a fuzzy, green colored, and ribbed pod that is approximately 2-7 inches in length. This vegetable is more famously known by its rows of tiny seeds and slimy or sticky texture when cut open. Okra is a powerhouse of valuable nutrients. It is a good source of vitamin C. It is low in calories and is fat-free.

Recipe

Okra and Green Beans

Makes 6 servings

Ingredients

1 lb okra, uncut
1 Tbsp olive oil
1 medium onion, diced
1 lb fresh green beans
2 large garlic cloves, crushed then chopped
1 cup water
½ tsp salt
½ tsp ground pepper
1 6-ounce can tomato paste

Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well. Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables. Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes. Serve warm or cold.

*This dish can also be oven-baked. Instead of simmering, lightly cover with aluminum foil and bake for 30 minutes at 350°F.

Nutritional analysis per serving: Calories 106, Protein 5g, Fat 3g, Calories From Fat 19%, Cholesterol 0mg, Carbohydrates 19g, Fiber 7g, Sodium 187mg.

Source:

<http://www.fruitsandveggiesmatter.gov/month/okra.html>

Skin Cancer Quiz: Test your knowledge about skin cancer!

1. Skin cancer is the most common form of cancer in the United States.

True

False

2. The development of a new mole or a change in an existing one may be a False sign of skin cancer.

True

False

3. People with dark skin can't get skin cancer.

True

False

4. You can't die from skin cancer.

True

False

5. You have an increased risk of malignant melanoma if your parents, sister or children have had melanoma.

True

False

6. If you stay out of the sun, you will never get skin cancer.

True

False

7. Malignant melanoma, a serious type of skin cancer, cannot be cured.

True

False

8. Melanoma can occur anywhere on your body.

True

False

9. Redheads and blondes are more likely to get melanoma.

True

False

10. If you were born with one or more moles, you are more likely to develop malignant melanoma.

True

False

Source: American Academy of Dermatology; www.aad.org

CALENDAR OF EVENTS

SPECIAL EVENT

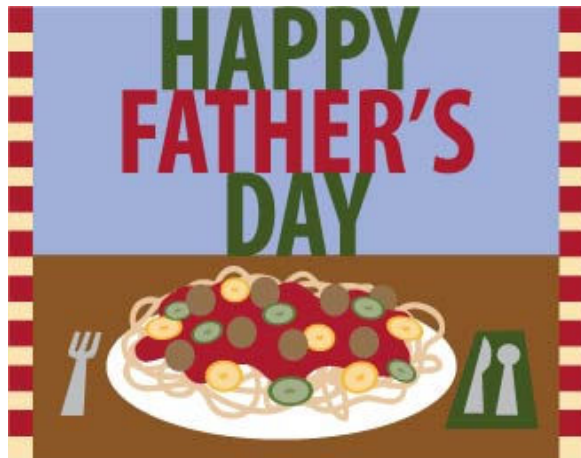
PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 6/3/08 TIME: 12:00 PM – 12:50 PM
LUNCH TIME WELLNESS SEMINAR:
"KEEPING A HEALTHY HEART"
SPEAKER: DR. BARRY RAMO

SPECIAL EVENT

HOW TO DEVELOP HEALTHY HABITS IN YOUR CHILDREN
A TELEPHONE WELLNESS SEMINAR: FREE TO ALL EMPLOYEES
DATE: 6/11/08 TIME: 12:00 PM – 1:00 PM
PRE-REGISTER ONLINE AT:
[HTTP://WW4.PREMCONF.COM/WEBRSVP](http://ww4.premconf.com/webbrsvp)
CONFIRMATION CODE: 4283886

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 6/12/08 TIME: 12:00 PM – 12:50 PM
LUNCH TIME WELLNESS SEMINAR:
"ALL YOU NEED TO KNOW ABOUT ALLERGIES"
SPEAKER: DR. ALLEN MINER



Topics you would like us to discuss in City WellNews?

Contact:

JD Maes
jmaes@cabq.gov 768-2921

Questions about Insurance & Benefits?

Contact:

The Insurance & Benefits Office
768-3758

Skin Cancer Quiz: Test your knowledge about skin cancer

Question 1. TRUE – Skin cancer is the most common form of cancer in the United States.

Question 2. TRUE- The development of a new mole or any changes in the size, color, shape or texture of a mole may be a sign of skin cancer and should be reported to a dermatologist or personal physician right away.

Question 3. FALSE – Anyone can get skin cancer. Darker skinned people have more melanin, a brownish pigment, in their skin which serves as a buffer by absorbing ultraviolet rays and thereby lowering, but not eliminating, the risk of skin cancer.

Question 4. FALSE – This year, thousands of people will die from malignant melanoma, which is responsible for six out of seven skin cancer deaths.

Question 5. TRUE – Your risk is increased if your parent, child, or sibling has had melanoma.

Question 6. FALSE – Even though there is a strong correlation between ultraviolet exposure to the sun and all types of skin cancer, you can still get skin cancer if you stay out of the sun. It is important to regularly examine your skin for signs of cancer regardless of how much sun you get.

Question 7. FALSE – When treated in its earliest stage, melanoma can be cured.

Question 8. TRUE – Melanomas can develop anywhere on your body, even places that are not exposed to the sun, such as the soles of your feet.

Question 9. TRUE – Redheads and blondes have a two-fold to four-fold greater risk of developing melanoma.

Question 10. TRUE – Most moles develop some time after birth, but some people are born with moles. "Birth Moles" increase a person's risk for melanoma.